

## 什么是子宫颈癌?

女性生殖系统由卵巢, 输卵管, 子宫和阴道组成。子宫颈是子宫的颈部, 在阴道检查时可以看见。子宫颈是由几亿的内层细胞组成的。子宫颈癌是当子宫颈内层细胞起了变化, 当事人又拖延接受治疗时所引发的。一般人相信, 子宫颈癌因为在性交时感染一种称为人类乳头状瘤病毒(HPV)的微生物而引发。这种病毒导致细胞不正常生长。这些不正常的细胞称为子宫颈内层间变(CIN)。若耽误治疗, 间变可演变成癌症。

## 有什么体征与症状?

最常见的症状是:

- 性交后发生不正常的阴道出血
- 阴道分泌物有异味
- 经期或更年期后有不正常流血显现

癌前病变和早期子宫颈癌通常没有症状, 是通过例行的阴道检查和子宫颈涂片检查来发现的。

## 您有发病因素吗?

所有女性都藏有患子宫颈癌的风险。以下的行为能提高您的风险:

- **性行为。** 较早开始有性行为。
- **抽烟。**
- **性伴侣。** 过多性伴侣。
- **性病。** 有过性病例如宫颈癌

## 子宫颈癌可以预防吗?

有两种有效方法:

- **尽量防止在较小年龄时发生性行为以及减少性伴侣人数。** 性交时使用隔膜或避孕套可能有防护效果。

### Free Pap smear

The SCS provides Free Pap smear to the public. Please call **6221 9578** (Tanjong Pagar) or **6396 6241** (Boon Keng) to make an appointment.

### The SCS's Cervical Cancer Prevention Fund

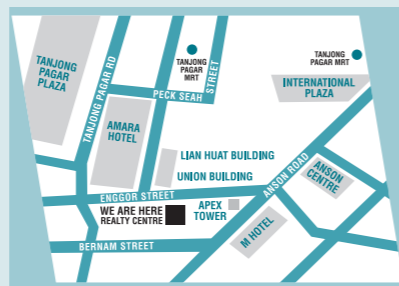
The Cervical Cancer Prevention Fund (CCPF) was set up by the SCS in 2007. It seeks to help reduce the burden of cervical cancer patients in Singapore and does this by educating women on how to prevent cervical cancer to protect themselves for example, through Pap smear screening to detect the cancer at an early stage, and vaccination to prevent the cancer. The CCPF also provides financial assistance to needy women who suffer from cervical cancer.

### 免费子宫颈涂片检查

新加坡防癌协会旨在预防和控制癌症, 并透过教育, 研究和病患护理来提高大众的健康与生活素质。我们提供免费的子宫颈涂片检查。公众可致电**6221 9578**(英莪街)或**6396 6241**(文庆路)预约。

### 新加坡防癌协会预防子宫癌症基金

新加坡防癌协会在2007年成立了预防子宫癌症基金, 透过公众捐款与慈善筹款来帮助有需要的子宫癌患者减轻经济负担。同时也教导女性们如何保护自己并预防子宫癌。例如通过子宫颈涂片检查来发现初期癌症与疫苗接种以预防子宫癌。



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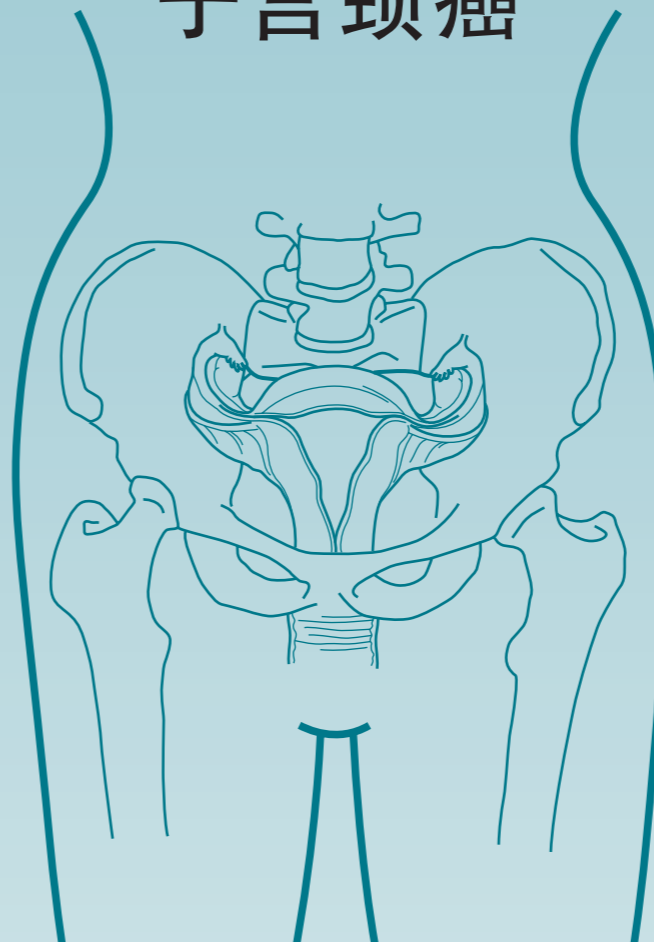
**Boon Keng Clinic:**  
**文庆路诊所:**  
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#01-11  
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# CERVICAL CANCER

## 子宫颈癌



## What is Cervical Cancer?

The female reproductive system consists of ovaries, fallopian tubes, uterus (womb) and the vagina. The cervix is the neck of the womb and is visible during a vaginal examination. The cervix is made up of millions of tiny cells. Sometimes, changes can occur to these cells without you knowing it. These changes, if left untreated, could develop into cervical cancer. Infection of the cervix with human papilloma virus (HPV) is the most common cause of cervical cancer. These abnormal cells are called intraepithelial neoplasia (CIN). If left untreated, they may slowly become cancerous.

## What are the signs and symptoms?

The most common symptoms are:

- Vaginal bleeding after sexual intercourse
- Foul-smelling vaginal discharge
- Irregular bleeding between periods or after menopause

Pre-cancerous and early cancer of the cervix are often without symptoms and detected by routine vaginal examination and Pap smear.

## Are you at risk?

All women are at risk of developing cervical cancer. Your risk increases if you:

- **Sex** Ever had sex and/or are sexually active
- **Smoke** If you smoke
- **Sexual partners** Have had multiple sexual partners
- **Infections** Have had a history of sexually transmitted infections, such as genital warts or genital herpes

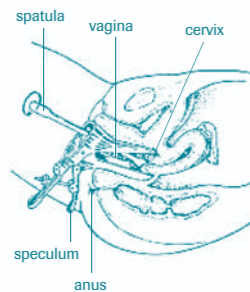
## How to prevent?

There are two effective methods:

- **Minimising early sexual activity and number of sexual partners** The use of a diaphragm or condom may have protective effect.



- **Regular Pap smear test** The accessibility of the cervix allows a Pap smear test to be performed easily and quickly. During a vaginal examination, a specimen of cells is obtained with a spatula from the cervical lining and examined under the microscope. The Pap smear test can detect pre-cancerous changes or early cancer which are easier to treat and which have better survival outcome. If the Pap smear is abnormal, further tests are needed.



All sexually active women between 25 and 69 years old are advised to have a Pap smear regularly. An initial smear is performed once a woman is sexually active and repeated after one year. After that, the Pap smear can be done once in one to three years as advised by the doctor.

## How is Cervical Cancer diagnosed?

The following tests are important:

- **Pap smear**  
About 1 in 10 Pap smears will show some changes in the cervix. However, **these changes are rarely indicative of cancer**. Further tests will need to be done to confirm the findings. If you are a virgin, you do not need to do the Pap smear. However, please consult a doctor immediately should there be unusual bleeding.
- **Colposcopy**  
A colposcopy is an instrument for examining the cervix under magnification. Abnormal areas can be identified and biopsied – a piece of tissue is taken for microscopic test.
- **Endocervical curettage**  
An instrument is passed into the cervical opening (canal) to obtain tissue for microscopic examination.
- **Cone biopsy**  
A large portion of the cervix is surgically removed for microscopic test. This procedure is performed under local anaesthesia and as a day patient.

## How is Cervical Cancer treated?

Treatment differs for different stages of cervical cancer:

- **Pre-cancerous stage**  
The abnormal area of the cervix can be destroyed using laser, diathermy (heat treatment) or cold coagulation (freezing of the cells). Larger areas which are visible through the colposcope can be surgically removed using a thin wire loop (loop excision). When the CIN has spread into the cervical canal, a cone biopsy is required to remove the abnormal area.
- **Cancer in situ (early Cervical Cancer)**  
For women who have completed their families, removal of the womb (hysterectomy) is the treatment. For women who want to retain their womb, cone biopsy or laser treatment can be used.
- **Invasive cancer**  
Surgery is the usual treatment for cervical cancer that has not invaded beyond the cervix. The womb with fallopian tubes, ovaries and nearby tissue and lymph glands are removed to ensure clearance of the cancer.

For cervical cancer that has invaded beyond the cervix, the main treatment is radiotherapy. High-energy rays are aimed at the cancer. Radiation is given in two stages. External radiation which destroys cancer cells outside the cervix is given over a period of six weeks. Internal close range radiation to destroy cancer cells of the cervix is given next by inserting radioactive rods into the womb.

In cervical cancer, chemotherapy is given to women with widespread or recurrent cancer that cannot be cured. Chemotherapy is the administration of toxic drugs that kill cancer cells. The chemotherapy will shrink the cancer and relieve symptoms. Chemotherapy can also be given together with radiotherapy before surgery to shrink the tumour and make the operation easier.

After treatment, the patient will be checked regularly after surgery or radiotherapy. Sexual intercourse should be avoided temporarily after treatment. Normal physical and social activities can be resumed in two to three months after treatment.

## 如何治疗子宫颈癌?

不同阶段的子宫颈癌有不同治疗法:

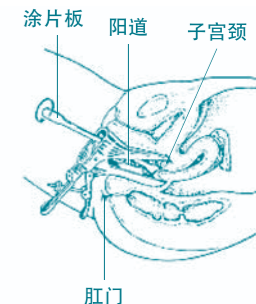
- **癌前病变阶段**  
子宫颈的异常区域可使用激光,透热疗法(热处理)或冷凝疗法(冻结细胞)消灭。阴道镜可见的较大区域可使用细线环(环切除术)通过外科手术切除。当CIN已扩散进入子宫颈管,就必须进行锥形活组织切片切除异常区域。
- **原位癌(早期子宫颈癌)**  
对于不打算再生育的女性可使用子宫切除术治疗。对于希望保留子宫的女性可使用锥形活组织切片法或激光疗法治疗。
- **侵入性癌症**  
还没有从子宫颈转移的子宫颈癌通常可使用外科手术治疗。为了确保癌症彻底的清除,输卵管,卵巢和邻近组织以及淋巴腺将和子宫一起切除。

对于已经从子宫颈转移的子宫颈癌,主要的疗法是放射治疗。用高能射线对准癌症。辐射分2个阶段进行。开始首6星期进行外部辐射,消灭子宫颈外部的癌症细胞。然后进行内部近距离辐射,将放射性棒伸入子宫,消灭癌症细胞。

化疗是使用毒性药品杀死癌症细胞的方法。子宫颈癌扩散或复发而无法治愈的女性可使用化疗。手术前,如一起给与放射治疗,化疗会使癌肿瘤缩小,减轻症状,有利于外科手术切除肿瘤。

手术和放射治疗后,病患需要定期体检并尽量避免性行为。一般体力和社交活动可以在治疗后2至3个月后恢复。

- **定期进行子宫颈涂片检查**。由于子宫颈位置易于到达,因此进行子宫颈涂片检查简单而迅速。只须在做阴道检查时,采取一些子宫颈表层细胞样本放于显微镜下检查。子宫颈涂片检查可以发现癌前病变或原位癌症,它们比较容易治疗,患者的存活率高。若涂片检查结果不正常,患者通常需要做进一步测试。



所有介于25至69岁有性生活的女性都应该定期进行子宫颈涂片检查。当女性开始性交时就应该进行第一次涂片检查,一年后再检查一次。然后,根据医生指示,可以每一至三年进行一次子宫颈涂片检查。

## 怎样诊断子宫颈癌?

下列检查相当重要:

- **子宫颈涂片检查**  
在十个检验中,大概其中有一个会检验出子宫颈的异常变化。尽管如此,子宫颈涂片检查也不完全准确。异常的结果需要进一步的检查,以确定是否是癌症。如果您是处女,您不需要做子宫颈涂片检查。但您发现有不寻常的血液情况时,必须马上看医生。
- **阴道镜检查**  
阴道镜是用于放大阴道的检查工具。可辨认不正常区域并进行活组织切片以进行显微镜检查。
- **子宫颈内刮除术**  
将工具伸入子宫颈开口(管),以获取组织进行显微镜检查。
- **锥形活组织切片**  
通过外科手术从子宫颈获取较大的切片进行显微镜检查。这个程序将进行局部麻醉,病患可在同一天出院。